

## ABSTRACT OF THE DISCLOSURE

A process for preparing a polyurethane foam, comprising reacting a polyol having a number-average molecular weight of not less than 1000 and less than 2500 with a polyisocyanate compound in the presence of a catalyst and a blowing agent in a mold, to give a molded article having a density of 0.4 to 0.8 g/cm<sup>3</sup>, and heating the resulting molded article to a temperature of 60° to 100°C. The polyurethane foam is used as a cushioning material such as shoe soles of sports shoes.